

## **AMENDMENTS TO THE SPECIFICATION:**

Please amend paragraph numbers [0022] and [0029] as follows:

[0022] Each tubular element 6, 7, 8 can be manufactured in different sizes, thicknesses and configurations from one another, and be fabricated from plastics, resin, flexible polymers, or any other materials, for example, compound application for elastic and resilient materials that will be invented that can perform the functions they exert in the shoe. The resilient materials can include flexible polymers, fiberglass, graphite, and carbon.

[0029] Figure 7 illustrates the transition of the absorber set 4 from the tubular elements without pressure to being under pressure. When the absorber set 4 is not under pressure, the material inside each tubular element is in an uncompressed state H. When the absorber set 4 is under pressure, the material in each tubular element is in a compressed state J. The substance of the internal material of the tubular elements of the absorber sets 4 of the present invention can be different and tailored to the specific type of activity or application for which the sports shoe will be used. An interior portion of the tubular elements is filled with substances such as nylon foam, pressurized air, and pressurized gas.